

# Children and Young Peoples Mental Health Indicators

- Mental health is a national public health priority for Scotland
- Indicators are classified according to their relation to Mental Health Outcomes or wider Contextual Factors

# Indicators

Table 1. Framework for the indicators (number of indicators shown in brackets)

Mental health outcomes				
Mental wellbeing (4)			Mental health problems (11)	
Contextual factors associated with mental health				
Individual	Family	Learning Environment	Community	Structural
Learning and development (2)	Family relations (7)	Engagement with learning (3)	Participation (4)	Equality (4)
Healthy living (7)	Family structure (4)	Peer and friend relationships (7)	Social networks (1)	Social inclusion (8)
General health (3)	Parental healthy living (5)	Educational environment (5)	Social support (1)	Discrimination (3)
Spirituality (1)	Parental health (5)	Pressure and expectations (5)	Trust (3)	Physical environment (5)
Emotional Intelligence (1)			Safety (1)	Violence (3)
Life events (2)				Culture (3)

Reproduced with kind permission from Scotland's Mental Health: Children & Young People 2013 © NHS Health Scotland 2013.

# Report Aims

- 1) examine C&YP MHI at a single, most recent, time point
- 2) looks at trends over time in the indicators over the past decade
- 3) examine inequalities by age, gender, deprivation and urban-rural classification for mental health outcomes indicators
- 4) provide a descriptive account of contextual indicators by gender and age

# Links with the SOA

Three of the six long-term outcomes (LTO), and their associated short-term outcomes (STO), are particularly relevant to mental health in children and young people:

- 3) Education, skills and training maximises opportunities for all
  - *e.g. STO 3.5) To support our children and young people to be more confident, resilient and better enabled to manage the key transitional stages in their life*
- 4) Children and young people have the best possible start
  - *e.g. STO 4.5) Children and young people feel secure and cared for*
- 5) People live active, healthier and independent lives.
  - *e.g. STO 5.4) Mental health and wellbeing is improved.*

# National Areas of Concern

*Indicators showing a worsening over time:*

- *the emotional symptoms scale of the SDQ questionnaire in S4 pupils*
- *Obesity*
- *Alcohol – number of units consumed*
- *Parental mental health problems*
- *S2 and S4 students eating a meal with one or both parents*
- *Ability to talk to best friend*
- *Social support*
- *Community cohesion*
- *Reading ability in S2*
- *Numbers of looked after children*
- *Numbers with additional support needs*
- *Perception of looks in S4*
- *Perception of house condition*

# National Areas of Concern

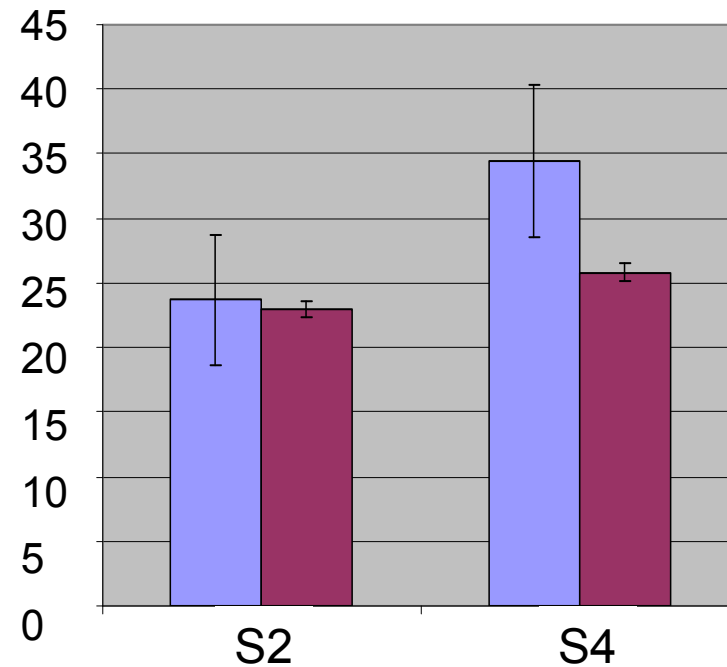
*Additional contextual indicators of concern (despite not deteriorating)*

- *Hyperactivity/Inattention*
- ***Numbers reporting to be happy – 50% at P7 and less with increasing age***
- *Proportion with emotional and behavioural problems*
- *Proportion with conduct problems*
- *Alcohol consumption*
- *Parental alcohol dependency*
- *Poorer numeracy in older age groups*

# Local Area Indicators which are worse than Scotland as a whole

- *Obesity in primary 1 children*
- *Indicators of mental health problems in older (S4) children*
- *Alcohol consumption*
- *Maternal smoking at booking*
- *Liking of school in S4 children*

% abnormal or borderline on total difficulties score, a measure of emotional and behavioural problems. Source: SALSUS 2010



Argyle and Bute  
Scotland



# What actions are included in the SOA to address these areas of concerns?

Examples:

- Continue to work across all agencies to minimise the effect of substance misuse on children, young people and their families (STO 4.2)
- Children, young people and their families will have access to mental health support services within the agreed government pathway (STO 4.2)
- All partners work to ensure that young mothers are aware of the issues which may affect the weight of their unborn babies (STO 4.2)
- Work in partnership to reduce tobacco use (STO 5.3)
- Identify early pupils who are at risk of disengaging and failing to make a positive post-16 transition and provide support (STO 3.5)

# ***Links with single outcome agreement - inequalities***

*For mental health outcomes:*

- Gender
- Age
- SIMD
- Urban Rural

*For Contextual indicators:*

- Age
- Gender

# Report Recommendations

- *“The extensive inequalities across a wide range of mental health outcome indicators demonstrates the need for both targeted and population-wide strategies, to ensure more equal opportunities and outcomes between genders, ages and socio-economic groups.”*
- *“Particular attention should be paid to the regularly occurring pattern of deterioration in many contextual measures as children get older and in the strong patterning of mental health outcomes by gender and socioeconomic deprivation in particular.”*